Owen Johnston - www.StrengthTrainingPDF.com

Poetry in motion

I suppose I could say that I'm almost religious about body weight training in general, especially progressive calisthenics and gymnastics. It's very Zen when you focus on the bar, become one with it, and your body is just smoothly transforming into the technique you're practicing – whether a gymnastics pullover or whatever! Definitely an art, and poetry in motion, like skating or surfing!

I can understand why skaters and surfers are often almost religious about what they do. I'm always looking for that "transcendent rep" near the end of the set, that I pour my heart and soul into, all of my focus, like finding my way down the rabbit hole and through the other side, only to find myself transformed. Sweating and squeezing out all of my emotions, pouring them onto the bar, floor, mat, wall, or pavement! That is living and definitely a spiritual experience :)